Pacific Lime Mold10

Number of Servings: 10 (117.42 g per serving)

Amount	Measure	Ingredient
2.50	cup	Water, tap, municipal
1.00	cup	Pineapple, crushed, cnd, w/juice, drnd
1.00	cup	Cottage Cheese, sml curd
2.00	tsp	Horseradish
0.50	cup	Dressing, mayonnaise, light
0.60	oz	Gelatin, lime, sugar free, dry mix, svg

Nutrients per serving

Nutrition Facts

Serving Size (117g)
Servings Per Container

Amount Per Serving

Calories 90	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 4g	

Vitamin A 2% • Vitamin C 4%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

-Heat water until boiling add lime sugar-free Jell-0, Mix throughly,
Place additional ingredients in pan mold will set up in (pineapple, cottage cheese, horseradish, mayo) then pour Jell-0 mixture over the cottage chees-fruit mixture and stir in,. Place in Refrigerator to cool.
Cut into the # of pieces of the yield of the recipe you have prepared. Serve 1 piece/serving. 1 serving = 1/2 CS
Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

Storing :

- Store refrigerated at an internal temperature of 38 - 40

Notes

10 1/2 cup servings.